

Be well Be healthy Be free



Winter Wellness

**Stay warm, Stay well,
Stay inspired this Winter**

Winter is upon us and how time flies. So nice to finally wear the gorgeous jackets I brought while I was in Germany last year. The Winter news on Be Free Now is I am pleased to have been given an opportunity to be part of a magazine that inspires women from all walks of life. It was started by Jenny Jacobs who continues to inspire women and recently launched her other magazine – French Provincial. For those women who haven't yet subscribed – do it today – www.finallyat40.com.au – the stories will inspire you like no other magazine you have read through. I find that I re-read many of the articles and get a warm fuzzy feeling within each time.

Finally at 40 is a magazine that inspires

women from all walks of life to share and be inspired daily. After scheduling a time to send across my article and share my story so much has taken place. For the first time in a long time I am once again sharing my story of how Be Free Now started and it is amazing how many inspirational women I have met over the last few years since the formulas launch. My book that I co-authored with Mark Wells is also now in print but I have been rather busy and only now thought about sharing it in my newsletter. The positive feedback continues and now Be Free Habit Free formula has made its way into the country – Maryborough, where the country women have also embraced the 21 day programme to a New You while sharing their experiences with other women in their local neighbourhood.

It has been such a pleasure for me to drive into the country – I call it soul food and I am just so pleased to be free to share all that I do with women that I wouldn't likely meet if I only saw clients in Melbourne.

I wanted to share in this newsletter – never underestimate where a chance meeting will lead you. One of my clients from Maryborough invited me to meet her friends and now as a result with the positive impact Be Free Habit Free formula and Trinity of Woman has had, a women's country club has been formed which meets monthly in a wonderfully refurbished hotel – Supreme Court House Hotel. I met the owner of this hotel – Debra Bordignon who has created an absolutely superb place for women to be inspired each time they visit.



What a wonderful start to my Winter seeing women taking on the 21day challenge to a New You and being inspired with their new lives. Just email me on susan@befreenow.com.au if you are keen to find out more about this challenge and be in the best mind and body shape ready for Spring!

Inspired by Pomegranates

Did you know that Pomegranates are mentioned in the bible and appear in Greek mythology. Many cultures have believed in the various benefits of the pomegranate for health, fertility, longevity, and rebirth.

The Trinity of Woman range has now been launched which includes the essence of pomegranate

Trinity of Woman – homoeopathic drops for balancing the hormones

Lip Balm and Body oil are now available to be purchased so you can experience the benefits of the pomegranate.

• *Freedom* • *Motivation* • *Calm* • *Weight loss*

Be well, Be healthy, Be free

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Do you have the pieces of the health jigsaw puzzle to assist in detox, weight loss, clarity and wellbeing

- Be Free Habit Free formula
- Flaxseed oil
- Acidophillus
- Pomegranate Juice
- Ultra Lite – 21 day detox professional weight and health management programme

www.ultralite.com.au

I have been using your Be Free formula for two weeks now and have lost almost 4kg in weight.

I am 47 years old and although I have always been relatively slim I have noticed in the past 10 years the kilos creeping on. I have tried many times to go on diets but have been unsuccessful as I don't seem to have the will these days or time for altering my food intake and preparing special meals. The gaining of weight though has made me feel like a blob and I have been feeling very unmotivated to say the least. Since taking Be Free I have noticed that I have not made any effort with my diet and have just been more selective in what I eat and the frequency of my meals. It feels like I'm been motivated more of an inner peace and calmness which has reduced my habit of eating as a way of filling a void. I have tried taking Be Free in the past but have not been successful as I have not taken it on a regular basis and just taken a few drops sporadically. This time I have a bottle in the console of my car and as I spend a big part of my working day in the car it is always easily accessible. Thank you Susan for putting me on to your formula it has made a big difference in a short time. Will keep you updated.

Regards, Lena Bozikis

Stoney Creek 100% Australia grown and produced



While on my trip to Maryborough I decided to visit Talbot and the Stoney Creek farm. What a wonderful surprise it was to meet Coral Davies who is the director of this company. I have been using Flaxseed oil for many years but nothing compares to Stoney Creek – so pleased I took that turn and drove into Talbot...

The good news is that I am excited about this new alliance and Coral is experiencing the benefits of the Be Free formula...

Walking into Stoney Creek office one is made so welcome and it is so inspiring being surrounded by the Stoney Creek flax products. I was introduced to Stoney Creek Flaxseed meal on my last visit. Stoney Creek Flaxseed Meal, with its flaked texture and unique nutty flavour, provides generous quantities of dietary fibre both soluble and insoluble to aid digestion and regular bowel movement.

Flaxseed Meal is gluten-free and is a natural source of protein, and is also the richest source of lignans. Coral introduced me to the Golden Flaxseed Meal and Golden Flax oil which I had not tasted before – what a taste sensation – feeling great, with my energy souring and know that I owe my ongoing health to my dedication to Flax.

www.stoneycreek.com.au

Women's Health Club Network

**A place and space where
women are inspired to
embrace nature & her gifts**

Melbourne: 3rd Saturday of every month

Rose Pavillion – Botanical Gardens
9:15 – 11am (morning tea)

Maryborough: 1st Friday of every month

Supreme Court Hotel – Maryborough
6:30 – 8:30 (dinner)